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SHEA WEBER REPORTEDLY READY TO DITCH NASHVILLE FOR 14-YEAR, $110-MILLION DEAL WITH PHILADELPHIA PAGE 19

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FESTIVAL OF FOLK

Henry Adam Svec, 30, of London is one of many local faces taking part in this weekend's Home County Music and Art Festival in Victoria Park. Svec has created contemporary arrangements based on folklorist Edith Fowke's Folk Songs of Canada and related collections. Officials announced funding for the festival Thursday that made performances like Svec's possible. More coverage, page 2. ANGELA MULLINS/METRO

How a fee could make London a destination city

Cost. Committee wants action on creating an event-development fund by implementing a hotel-room surcharge

ANGELA MULLINS
angela.mullins@metronews.ca

Getting a hotel room here could become a tad more expensive, but that's fine if the money is used to enhance events that bring people to London, city politicians said Thursday.

Members of council's investment and economic prosperity committee have asked Tourism London boss John Winston to work with local hoteliers to create a framework for adding a surcharge to bookings.

Drawing as many people as possible during events is important, Winston said, because London isn't really a "destination" city.

"We as a community don't have a major attraction per se, and we are not a major attraction per se in the traditional sense," he told committee members. "People come for the event, not necessarily for the City of London."

Money generated from the fee could pay for such things as bringing in big music acts for festivals, launching new events, or bringing back old ones — like the hot air balloon festival, cancelled after 2007 because of financial losses.

A hotel-room surcharge has long been discussed in the city, and there have been provincial efforts to make it happen on a larger scale.

Although local hotel owners have been against the idea in the past, several councillors said it's time to move ahead.

While the city does not have the authority to mandate the fee, Mayor Joe Fontana suggested businesses owners might be persuaded to move ahead if the city also contributes to the proposed fund.

Winston said officials at Western University found the fee could bring in $1.5 to $2 million annually, if it was set at three per cent.

City investment

Pitches for prosperity

City council's investment and economic prosperity committee has heard about 20 pitches for growing the economy since Wednesday.

The pitches — made by non-profits, private citizens, and businesses — follow about 15 made in June.

Many — like a proposal for a 25-storey apartment building across from Victoria Park — require no city funding and resulted in no immediate action.

Others — like a $10-million Orchestra London pitch for a new performance hall and a proposal for solar panels on the roofs — were referred to administration and other committees for review. A long-term economic prosperity plan is expected from city staff this fall. ANGELA MULLINS/METRO

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1 NEWS

On the web

Not just a flash mob in the pan

Chris Moss talks to some students who have truly Dynamic summer jobs in this week's London Urban Voices, at metronews.ca.

On the ropes

What doesn't kill you only makes you stronger, right? At least that's what one would hope after seeing a blindfolded tightrope walker plummet more than 650 feet. Go to metronews.ca to see the world-record attempt.

The cat came back — the very next decade

To say the cat's got their tongue might be an understatement. A missing cat was reunited with its owners 11 years after it went missing. Go to metronews.ca to find out how one family was reunited with their purrr-fect pal.

Mobile news

Even when bounding high into the air, Olympic trampolinists still have to keep an eye on the ground. Scan the code for one Canadian Olympian's secrets on staying on point and positioned.

Grants helping Home County festival offer something new

Funding. Organizers say money is a big boost for an event that costs about $275,000 a year to pull off

ANGELA MULLINS
angela.mullins@metronews.ca

The Home County Music and Art Festival has received $124,500 from the provincial government to help with operations and programming.

Funding was made public Thursday as organizers and volunteers prepared Victoria Park for the festival's Friday start.

Results from at least one chunk of funding — $50,000 through Celebrate Ontario — are expected to be some of the highlights of the weekend.

The money has allowed organizers to schedule a full lineup of performances that artistic director Catherine McInnes calls a bit "outside the box."

All of the shows will be on the aptly named New Music Stage along Wellington Street.

One piece of the schedule features a trio of artists commissioned to write new tunes for the festival. The artists were asked to use their colleagues' songs as inspiration for new works.

Another performance will feature contemporary arrangements of classic Canadian folk songs.

The new attraction aims to make the festival more appealing to a younger crowd and is expected to help make Home County a destination point for people across the country — two big initiatives for the event.

"It's a good way to draw music fans to the festival because they're going to see music they wouldn't otherwise see," McInnes said.

Other funding for the festival, which is organized largely by volunteers, will pay for part-time employees.

Follow Angela Mullins on Twitter @MetroAngela

Festival schedule

A full festival schedule is available at homecounty.ca

Government funding

- **Ontario Trillium Foundation:** $54,500 over two years to fill two part-time contract positions.
- **Celebrate Ontario:** $50,000 for a new take on music programming.
- **Ontario Arts Council:** $20,000 for operations costs.

London West MPP Chris Bentley talks about the importance of the Home County Music and Art Festival during a funding announcement Thursday at the Victoria Park band shell. The festival runs Friday to Sunday at the park. ANGELA MULLINS/METRO

Pride London. Eight-day festival starts Sunday

Sure, there's a parade, dancing and plenty of parties.

But at its root, Pride London is about education, celebrating diversity and inclusion. Those principles will be in the spotlight as the eight-day festival starts Sunday.

"We are inviting the entire community to join us," said festival president Martin Withenshaw. "We really are trying to highlight the (LGBT) community as much as possible, and that can't be done in just two days."

The festival will hit its peak July 27 to 29 when it moves to Victoria Park. Before that, though, there's a host of events including a film night, an evening focused on literature and an art exhibit.

Part of this year's focus, Withenshaw said, is turning the spotlight on the transgender community.

That will be the theme Wednesday as people get together at Brennan's Bistro (347 Clarence St.) to share their experiences.

ANGELA MULLINS/METRO

On the web

For a full list of Pride London events, visit pridelondon.ca.

Weather

Monthly rainfall total expected to double in single day

The forecast for the London area Thursday was calling for up to 20 millimetres of steady rain throughout the day. That works out to slightly more than the 17 millimetres of precipitation we've had for the entire month of July so far.

The lack of rain this summer is not only a concern for area farmers, many of whom are bracing for poor harvests, but also the Upper Thames River Conservation Authority. AM980/AM980.CA

Health

Aglukkaq to visit London Health Sciences Centre

Federal Health Minister Leona Aglukkaq will visit researchers from the Lawson Health Research Institute who developed a more efficient product for imaging breast cancer tumours with funding from the Canadian Institutes of Health Research. Aglukkaq will deliver remarks and tour research labs at Victoria Hospital on Friday. METRO

Leona Aglukkaq
THE CANADIAN PRESS

Crime

Police investigate stabbing of 21-year-old London man

London police are looking for witnesses after a man was attacked by a group of men and stabbed multiple times early Thursday.

At about 12:32 a.m., London police responded to a 911 call after a man was attacked around Spruce and Borden streets. Police found the 21-year-old victim who suffered six stab wounds to his leg. He was taken to hospital with non-life-threatening injuries. METRO

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Scandal a case of 'he said-she said': New Democrats

Ornge investigation.
Opposition says testimony from Ornge ex-CEO Chris Mazza contradicts health minister's claims about air ambulance going rogue

Health Minister Deb Matthews says she's willing to answer more questions about Ornge from a legislative committee probing Ontario's troubled air-ambulance service.

The New Democrats plan to recall Matthews, saying the testimony of ousted Ornge CEO Chris Mazza flies in the face of her claim that she was unaware of what was going on at Ornge.

Mazza told the committee Wednesday that the Ministry of Health was regularly briefed on Ornge's activities and supported its efforts to build a web of spinoff companies that later made questionable business deals.

Deb Matthews TORSTAR NEWS SERVICE

Ornge, which is winding up those for-profit subsidiaries, is currently under a criminal investigation for financial irregularities. Allegations of bloated executive salaries, exorbitant perks and the misuse of public dollars have been swirling for months.

Mazza said that until recently, the governing Liberals supported him "100 per cent" and were "proud" of what Ornge was doing.

His testimony contradicts the government's claims that the publicly funded organization had gone rogue.

So Matthews needs to set the record straight, said NDP health critic France Gelinas.

"Right now, we have very much a he said-she said," Gelinas added.

THE CANADIAN PRESS

Cyber-crime unit

Toronto man charged with online luring

The London Police Service's cyber-crime unit has arrested a Toronto man in London after an Internet investigation that began a week ago.

Sheldon Laveman, 49, is charged with four counts of luring involving an alleged attempted meeting with a 15-year-old. The probe is continuing.

This investigation was made possible by a grant from the Ministry of Community Safety and Correctional Services and the Ministry of the Attorney General.

METRO

Mental health

LHSC launches peer-support program

Mental-health inpatients at London Health Sciences Centre now have access to a new peer-support program aimed at helping them cope with addiction issues they are facing along with their mental-health concerns.

The New Horizons Resource Room was created to provide a safe environment for patients facing concurrent mental-health and addiction issues to access information and peer support. Peer-support groups are facilitated by registered nurses in the mental-health program.

METRO

Rail cutbacks

City hall joins fight against Via service cuts

London has joined a team of municipalities lobbying against planned cuts to Via Rail service in southwest Ontario.

Concerned about the impact cuts will have on everything from the economy to affordable transportation, Mayor Joe Fontana and other members of a city committee passed a resolution Thursday requesting a meeting with Via and making their stance known in various ministries.

Via Rail announced service cutbacks in June that include eliminating some local routes. METRO

metro AM980
CITIZENS SPEAK UP
More Londoners are getting involved in municipal politics and planning our future. Metro and AM980 have teamed up to present a closer look at some of London's most involved citizens. On Monday, read Metro's coverage and tune into AM980 at noon for an in-depth roundtable discussion.

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Decisions abound for Mark Hunter

London Knights. Busy GM has a goaltender conundrum, players to sign and coaches to hire in next few weeks

JOHN MATISZ
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Across the country, junior hockey's annual summer carousel is spinning away.

The London Knights, in particular, have a handful of important personnel decisions to make over the coming months.

The largest — whether to acquire a goaltender via trade to replace the winningest goaltender in franchise history (Michael Houser, who just signed a pro contract) — is something Knights general manager Mark Hunter is not taking lightly.

While he wouldn't confirm the club is actively shopping for a starting netminder, Hunter admits they are taking a proactive approach to the situation.

"We're always looking around, but we've got another month here to make a decision," the team's co-owner told Metro.

With the departure of Misha Donskov and Rob Ramage — the two coaches who focused on the Knights defensive corps during the 2011-12 season — Hunter is also looking for some bench help.

"We're in the process," he said of recruiting a replacement or two. "It's ongoing. We've got nothing nailed down at all."

In terms of officially penciling in certain players into its depth chart, London appears to be closer to signing import draftee Nikita Zadorov (ninth overall in 2012) than 2011 OHL draft second-rounder Alex Broadhurst.

On Monday, Waterloo native Kyle Platzer became the sixth player to be signed from London's 17-player 2011 OHL draft class. As a member of the junior B Waterloo Siskins last season, Platzer tallied 55 points in 50 games.

Training camp details

- Tuesday, Aug. 28 to Thursday, Aug. 30.
- Open to the public.
- Times and locations to be determined.

"I don't know when, but he'll be a top-two-line guy for us," Hunter said of Platzer. "He plays both ends of the ice really well, can score, has good size. So we're pretty happy with him."

Despite everything that is on Hunter's plate right now, there are some things he has no control over.

If the NHLPA and league owners don't come to an agreement and the big-league season is stalled, there will be a severe trickle-down effect.

Surefire AHL/NHLers such as Jarred Tinordi, Jared Knight, Greg McKegg, and Vlad Namestnikov could get squeezed out of the professional hockey ranks and end up back in London.

MMA. Welterweight Clements looks to put on a show as UFC visits Calgary

In a sport where top fighters have as many coaches as a CFL team, Canadian Chris (The Menace) Clements is a rarity.

"I am my coach," says the 36-year-old MMA welterweight from Chatham.

Clements (11-4) works with instructors and fighters, mainly at the Adrenaline Training Center in London, but plots his own strategy and workouts.

"I figure nobody can coach me better than I can coach myself, because nobody knows me better than myself," he explained.

Clements puts his fighting and coaching to the test Saturday night when he takes on 26-year-old American Matt Riddle (6-3) in the UFC's first visit to Calgary.

The main event of the injury-plagued UFC 149 card at the Scotiabank Saddledome features Urijah Faber and Brazil's Renan Barao in a battle for the interim bantamweight championship. Current 135-pound title-holder Dominick Cruz is sidelined with a knee injury.

The injury bug has left Clements as the only Canadian on the main card although Nick Ring, Ryan Jimmo, Roland Delorme, Mitch Gagnon, Antonio Carvalho and Mitch Clarke are all on the undercard.

Ultimate Fighting Championship fighter Chris Clements, top, works out at a gym in Calgary on Wednesday. UFC 149 takes place in the Stampede City on Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

Clements had been slated to meet Siyar Bahadurzada but the Afghan-Dutch 170-pounder was hurt in training.

Bahadurzada is a hard-nosed striker, so Clements reckoned he just needed to get into fight shape rather than go through a full camp to adapt to an opponent's particular style.

Riddle has no problems trading blows but comes from a wrestling background.

Clements knows where he fits in the MMA scheme of things. He took the long road to the UFC, knows he has a limited time left and wants to make the most of it.

"Win or lose, I like to put on a show," he said. "I'd rather lose an exciting match than have a boring win.... If you fight and put on a show, people want to see you. And that's all I want."

With a wife and baby girl back at home, Clements also has his priorities right.

"I have a family that loves me when I get home."

THE CANADIAN PRESS

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Muslims prepare for Ramadan worldwide

Yemenis shop for food at a market in the old city of Sanaa, Yemen, on Thursday in preparation for the Muslim holy month of Ramadan, a time for dawn-to-dusk fasting, prayers and spiritual introspection. HANI MOHAMMED/THE ASSOCIATED PRESS

Hezbollah blamed in deadly bus attack against Israeli tourists

Bulgaria. Israeli PM threatens retaliation after five Israelis, driver and bomber killed

A lanky, long-haired man with a fake Michigan driver's licence carried out a deadly suicide attack on a bus full of Israeli vacationers, Bulgarian officials said Thursday.

Israeli Prime Minister Benjamin Netanyahu blamed the attack on Iranian-backed Hezbollah, a Lebanese Shiite Muslim guerrilla group, and threatened retaliation. Seven people — five Israelis, the Bulgarian driver and the bomber — died in the blast Wednesday.

Although no group claimed responsibility, Israel has attributed a series of attacks on its citizens around the world in recent months to Iran and its Shiite proxies, threatening to escalate a shadow war between the two arch-enemies.

Hezbollah used suicide attackers against Israeli troops during the occupation of Lebanon, but does not have a history of suicide strikes abroad.

On Thursday, Iran's state TV called Israel's claims that it was responsible for the Bulgarian attack "ridiculous" and "sensational."

The attack occurred shortly after the Israelis boarded a bus outside the airport in the Black Sea resort town of Burgas, a popular destination for Israeli tourists — particularly for high school graduates before they are drafted into military service. THE ASSOCIATED PRESS

An Israeli survivor from a bombing in Bulgaria cries as he arrives at the airport. DAN BALILTY/THE ASSOCIATED PRESS

No easy solutions to T.O. gun crime: Premier

Shooting victim Shyanne Charles. CONTRIBUTED

Tougher laws and increased police presence alone won't curb a wave of violence that has shocked Toronto in recent days, community leaders and politicians said Thursday as police began laying charges in a fatal shootout at a block party.

"I don't pretend to have any quick and easy answer for you, and I don't know anybody who does," Premier Dalton McGuinty said during a news conference in Ottawa.

McGuinty's comments came as Toronto residents struggled to come to terms with violence that erupted at a block party in the city's east end.

Gunmen opened fire at the outdoor party, killing 14-year-old Shyanne Charles and Joshua Yasay, 23, and sending 23 others to hospital with gunshot injuries. Police announced an arrest in the case Thursday, charging Nahom Tsegazab, 19, with reckless discharge of a firearm.

Mayor Rob Ford has already weighed in on the issue by announcing his intention to appeal to Ottawa for immigration reform that would see those convicted of gun crimes banished from the city. THE CANADIAN PRESS

Khadr. Lag in transfer 'unprecedented,' says ex-diplomat

The Harper government's foot-dragging on the return of Omar Khadr from Guantanamo Bay is "unprecedented" in light of the commitment it gave the U.S. that it would accept his transfer, a former diplomat says.

Gar Pardy, who spent more than three decades with Canada's foreign service, said it was on the basis of that commitment that Khadr pleaded guilty before a widely maligned U.S. military commission to war crimes committed as a 15 year old. THE CANADIAN PRESS

Omar Khadr CONTRIBUTED

Navy

U.S. helicopter crashes in Oman

A U.S. navy helicopter crashed Thursday in the Gulf nation of Oman with five crew members aboard, according to the navy. Lt. Greg Raelson, a spokesman for the navy, gave no immediate word on the fate of the crew. No hostile activity is suspected. THE ASSOCIATED PRESS

Child abduction

Dad forgives man for kidnapping son

Admitted child abductor Randall Hopley was fighting tears Thursday in a B.C. courtroom as he watched a videotaped meeting between himself and Paul Hebert, the father of his three-year-old victim, where Hebert tells Hopley that he forgives him and thanks him for his son's safe return. THE CANADIAN PRESS

Again. Russia, China veto sanctions against Syria

Russia and China again vetoed a UN resolution Thursday threatening sanctions against President Bashar Assad's government if it didn't stop using heavy weapons in the escalating 16-month conflict.

The 11-2 vote, with two abstentions from South Africa and Pakistan, was the third double veto of a Syria resolution by Damascus's most important allies.

The vote also leaves in limbo the future of the 300-strong UN observer mission in Syria, whose mandate expires Friday.

Britain's UN Ambassador Mark Lyall Grant, who sponsored the Western-backed draft, said he was "appalled" at the third double veto by Russia and China. THE ASSOCIATED PRESS

Market Minute

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Ford

Fire fears force recall of 2013 Escapes

Ford Motor Co. is telling Canadian and U.S. owners of one version of the brand-new Ford Escape not to drive the SUVs until dealers can fix fuel lines that can crack and spill gasoline, causing engine fires.

The company issued the unusual warning on Thursday and said it is recalling 2013 Escapes equipped with 1.6-litre four-cylinder engines.

Ford says it has three reports of fires: Two at the factory and one while a customer was driving an Escape. No one has been injured.

The recall affects 11,500 Escapes in the U.S. and Canada. Only 4,800 have been sold to customers.

THE ASSOCIATED PRESS

Travel

Air Transat, Via Rail strike partnership

Air Transat and Via Rail Canada are streamlining their service schedules in hopes of encouraging travellers to buy tickets that combine both modes of transport.

In a release issued Thursday, the companies said they're hoping the partnership will encourage Canadians to take advantage of both air and rail travel.

Air Transat said in June that it is looking to reduce costs and differentiate its offering after plans to turn a profit this year were dashed by a large loss in the key winter period. The company posted a loss of $13.2 million, or 35 cents per share, in the second quarter.

THE CANADIAN PRESS

Rising bank fees turning Canadians off

Survey. Percentage of customers satisfied by the performance of their bank drops steeply from last year

Canadian bank customers surveyed in an annual poll are less satisfied with their financial institutions than they were a year ago, at least partly due to the rising fees they're being charged.

The survey from J.D. Power and Associates, released Thursday, found that the percentage of customers who say they will "definitely" reuse their bank in the future declined by four percentage points since a year ago.

And the number of respondents who said they would "definitely" recommend their bank dropped five percentage points from last year.

Frustration, confusion

"Not only are customers frustrated with changes to their fee structure, but many are also confused by the changes."

Lubo Li, senior director of financial services at J.D. Power

At least part of the rising discontent was tied to a greater number of customers who have been slapped with higher fees, with 27 per cent of respondents saying their charges went up this year, compared with 17 per cent in 2011.

Many of the respondents also said they had a lower overall opinion of the reliability and financial stability of their banks.

Satisfaction with online banking slid eight percentage points over last year, mostly due to problems navigating websites, and a lack of some services.

On the upside, customers said they were largely happy with financial advisers at the banks, though this is the first time the survey asked respondents about them.

The highest ranked of the big five Canadian banks was TD Bank, which has consistently led the results since the survey was launched seven years ago. ING Direct Canada ranked the highest of the midsize banks.

The annual J.D. Power survey polled 12,000 Canadians who use either banks or credit unions. Included were the big five Canadian banks — Royal Bank, Scotiabank, CIBC, Bank of Montreal and TD Bank — as well as midsize banks.

THE CANADIAN PRESS

Indian Suzuki factory shut down after deadly riot

Security guards stand near a burnt-down reception block of Maruti Suzuki's factory in Manesar, near New Delhi, India, on Thursday. India's largest passenger carmaker shut the 550,000-vehicle-a-year plant — one of two factories in India — after rioting sparked by a labour dispute killed one person and injured dozens of others. The company is still trying to identify the body found charred beyond recognition in a conference room. Labour unrest is a growing concern in India, as soaring inflation squeezes worker salaries even as mass media and conspicuous consumption stoke aspirations. The widespread use of contract workers by companies eager to sidestep India's strict labour laws adds to friction. SAURABH DAS/THE ASSOCIATED PRESS

Q2. Lower growth seen in consumer debt: Equifax

Consumer debt growth was about 30 per cent lower in the second quarter than a year earlier — the biggest slowdown since before the recession, according to a consumer credit study released Thursday.

Equifax Canada's quarterly consumer credit trends report found that consumer indebtedness, excluding mortgage debt, grew 3.1 per cent year-over-year in the second quarter, down from 4.4 per cent in the same period of 2011.

The study also found that high-interest credit card debt fell by 3.8 per cent in the quarter and consumer bankruptcies were down 4.5 per cent from a year earlier. Meanwhile, bank loans and lines of credit showed very moderate growth compared to a year ago. And while consumers continued to take on debt, it is encouraging that the rate of acceleration is moderating significantly, said Nadim Abdo, vice-president of consulting and analytical services at Equifax Canada.

"For the last couple of years we have seen almost double-digit growth in some cases. It slowed down a bit last year, but we have never seen it slow down as much as we have (in the second quarter) probably for the past five or six years," he said. THE CANADIAN PRESS

Canadians warming to single-serve coffee machines

Watch out, Tim Hortons and Starbucks.

The coffee industry's push to sell machines that make single-serve specialty brews have upped the amount of java Canadians are drinking at home.

Coffee drinkers average two cups per day and two-thirds of them are brewing some their drinks at home, said Robert Carter, executive director of food service at the NPD Group, on Thursday.

A new report, "What's Brewing in the Canadian Coffee Market: A Consumer Perspective," suggests auto-drip coffeemakers are still dominant for in-home, morning preparation but single-serve machines are being revved up in the afternoons, evenings and later at night.

Over a quarter of Canadian coffee drinkers (27 per cent) said they sip coffee at home more than they did last year, and the same percentage stated they now consume the beverage less when they're out.

"The main driver is the innovation, convenience and ease of use of single-serve, in-home brewing systems," Carter said, particularly now that there are higher-quality brands available, like those made by Starbucks and Timothy's, for use in machines made by such companies as Keurig or Tassimo.

"We know overall consumers are motivated by convenience. The easier you make it, the more consumers will do something," he said. "Fifty-seven per cent of all our restaurant visits are off-premise through the drive-thru in Canada so convenience is one of the key drivers and those coffee-pod machines are so convenient and simple to use at home."

Coffee shops are not in hot water yet, however. Canadians still love to go out for coffee, especially to quick-serve restaurants in the morning for a cup of joe and a breakfast sandwich.

Over the last year there were 1.7-billion servings of coffee consumed in these restaurants, a three per cent increase over the year before. In fact, Canadians quaff more coffee outside of home per capita than any other country except Italy, Carter said.

"With some of the burger guys getting into the coffee game, they're stealing share from some of the other players in the market and that's driving some of the volume of coffee consumption," Carter said.

THE CANADIAN PRESS

Brewing research

Brewed cups are where the coffee shops are mostly cashing in. When Canadians visit their local coffee houses, 80 per cent buy a quick brew rather than an espresso or an espresso-based beverage.

- Specialty hot espresso-type beverages are more popular during the morning and afternoon break periods, Carter said, adding there were 390-million servings sold last year, an eight per cent growth over the previous year.
- Last year there were 161-million servings consumed through quick-service outlets, a 15 per cent increase over the year before. The research showed that iced coffee is twice as likely to be consumed on the weekend than during the week.

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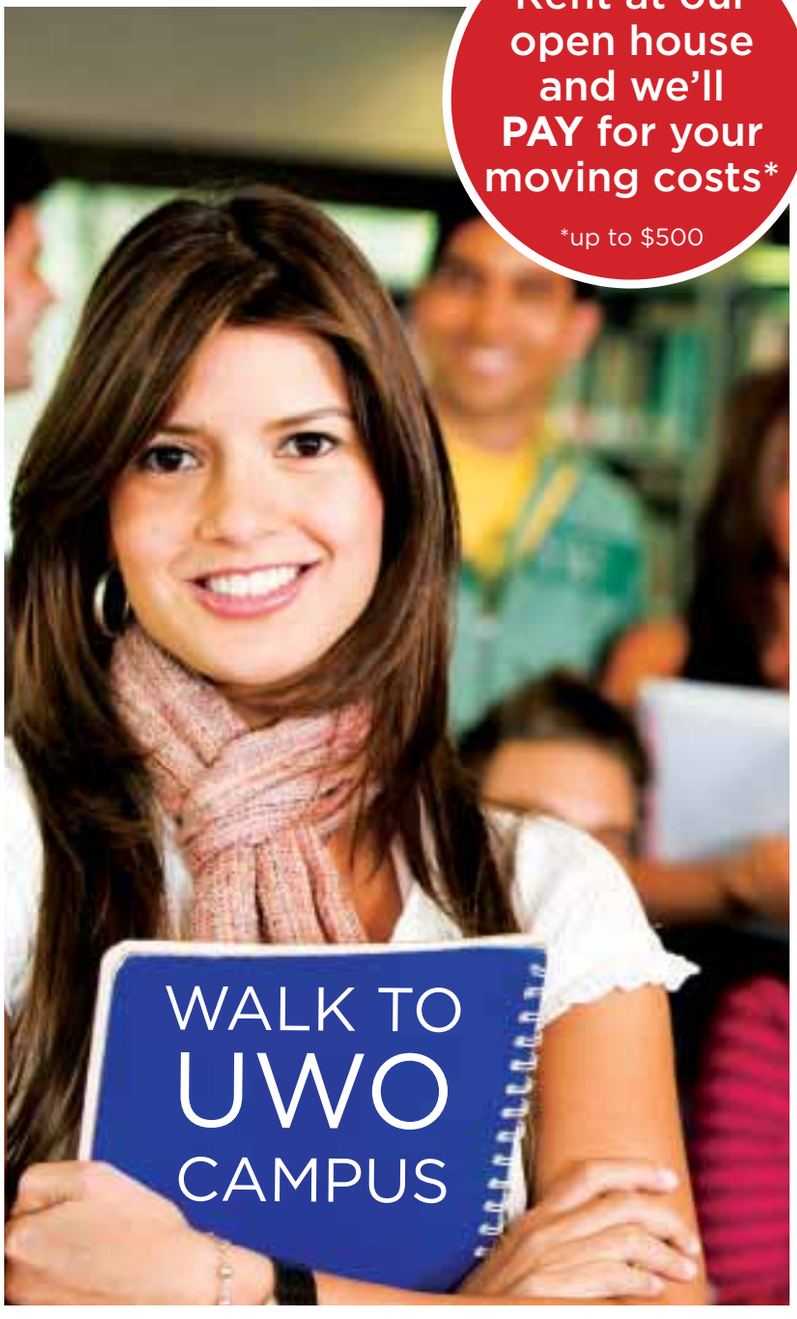
*up to $500



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RAISING ONE FOR THE TEAM

THE LIST
Neil Morton
Metro

1 **Flag-raiser:** Our Canadian athletes take to the world stage starting next week at the Summer Olympics in London. Veteran triathlete and two-time Olympic medallist Simon Whitfield from Victoria, B.C., will be the Canadian flag-bearer for the opening ceremony. You can follow the team on Twitter @CDNOlympicTeam. Go Canada go!

2 **Carrie Underwood surprise:** Restaurant-goers (myself included) at a pub in Peterborough, Ont., got quite the shock Saturday night when country music star Carrie Underwood walked in with her hubby, NHL player Mike Fisher. Fisher's brother tied the knot earlier that day, and a big group from the wedding reception — including the famous couple — showed up there to party. And no, she didn't sing for us.

3 **The Dark Knight Rises:** Holy hype, Batman! RottenTomatoes.com for the first time in its history was forced to block users from making comments on a film this week after critics received threatening comments for writing negative reviews about the movie. "It just got to be too much hate based on reactions to reviews of movies that people hadn't even seen," said the site's editor. The film opens Friday.

4 **Microsoft marketplace:** Microsoft is opening a new retail location at the Yorkdale mall in Toronto in the fall, the site of its first international retail expansion. Apparently the city has the right demographics for the company — a solid mix of families and tech enthusiasts. They do have some stiff competition in the mall, however: An Apple store.

5 **The Bachelorette finale:** The season finale airs this Sunday, and fans are speculating about whether Emily will choose Arie or Jef. Or whether she'll choose neither. Or whether she'll choose both? Hey, she can't do that! Speculation is it's Jef. In any case, several of Emily's castoffs will rebound on The Bachelor Pad, which premieres Monday.

6 **Vancouver congested:** Vancouver is Canada's most traffic-congested city — second only to Los Angeles in North America, according to a congestion index. Vancouver drivers take on average 30 per cent longer to make a trip at congested times than when roads and highways are free-flowing. Toronto was ninth at 22 per cent. Now I feel so much better commuting on the 401.

7 **Springsteen and McCartney:** Concert organizers pulled the plug on the music legends after they played past their sound curfew at London's Hyde Park. They were on stage together and about to complete the show when their microphones went silent. If I'm singing, you pull the plug right away. If it's The Boss with a Beatle, you never pull it.

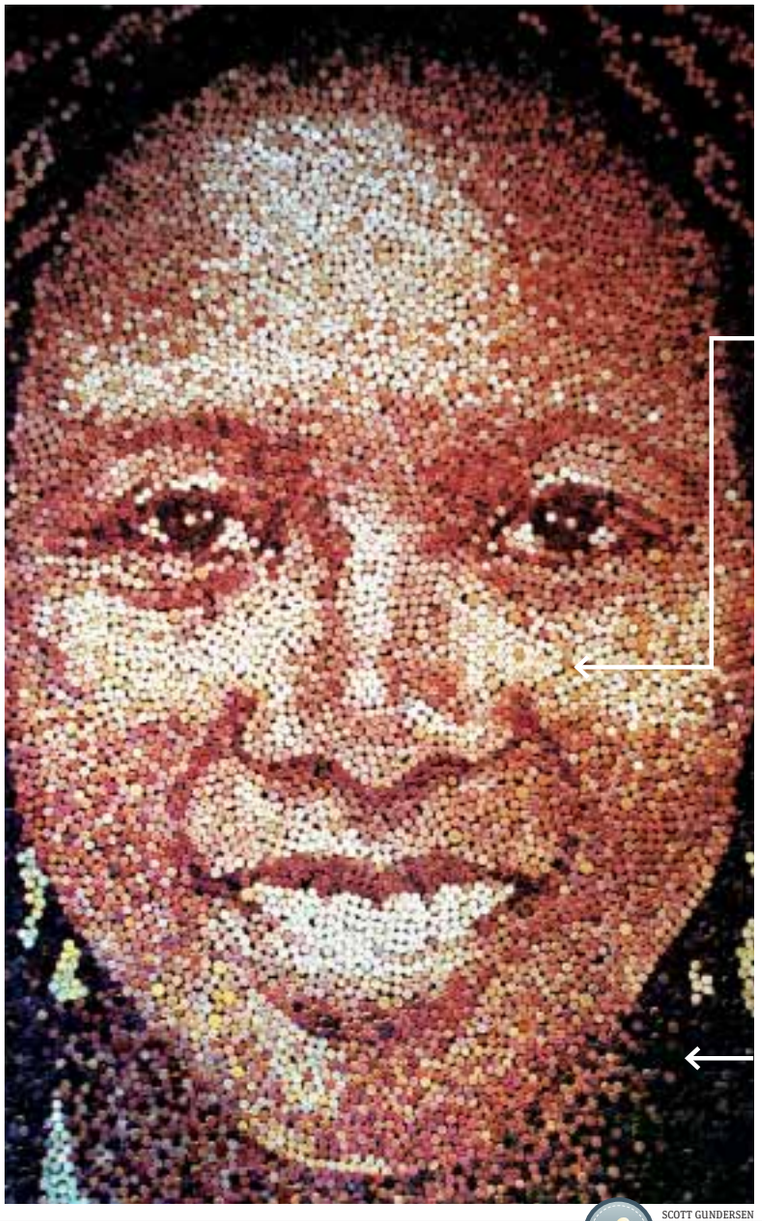
8 **Marissa Mayer, CEO:** Previously one of the top executives at Google, she was announced as the new CEO of Yahoo this week, making her one of the most powerful women in corporate America. Shortly after tweeting "I'm incredibly excited to start my new role at Yahoo! tomorrow," she tweeted another surprise: "Another piece of good news today - @zackbogue and I are expecting a new baby boy!" Girl power!

9 **Setting off the censor:** Forty-one-year-old Jonah Falcon was stopped by security at San Francisco International Airport last week because of a bulging "package" in his pants. Turns out it wasn't a weapon — but rather his anatomy. Yes, he's the world record-holder for largest recorded penis — nine inches flaccid, 13.5 inches erect. Now this is one thing guys would be willing to be stopped for.

10 **Rich Kids of Instagram:** A Tumblr blog called The Rich Kids of Instagram has started up, which shows photos of rich kids from the likes of the Hamptons, Beverly Hills and the Big Apple doing things rich kids do — like flying in private planes and driving fancy cars. They're the children of the one per cent. Follow them on Twitter as well at @richkidsofinsta.

11 **Fifty Shades of Grey effect:** Total E-Bound Publishing has introduced Clandestine Classics — with literary gems such as Jane Eyre and Pride and Prejudice getting an erotic makeover — believing there is an untapped market among a new generation for racy versions of the 19th-century novels by the likes of Charlotte Brontë and Jane Austen. Enough already with the Fifty Shades of overreaction!

Put a cork in it — or several ...



SCOTT GUNDERSEN

'Up-cycling' portraiture

Wine corks used to create art

Anyone who truly loves wine will know about that insatiable desire to collect corks of your favourite bottles of red and white wine. Yet hoarding all those pieces of tree bark for sentimental value could be a sign of a pretty mischievous habit.

Here, artist Scott Gundersen shows how to use those corks to beautiful effect. The 33-year-old "up-cycles" thousands of used wine corks into amazing portraits. The portrait Grace, pictured, is made up of a staggering 9,217 wine corks and almost double that amount in nails, which hold the corks in place.

METRO

Q&A

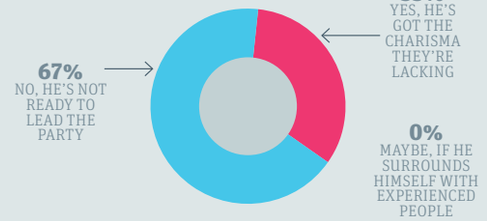
An eye for colour

Do you have to paint the corks?
That would be a terribly time-consuming thing, so I use the wine-tainted corks exactly as they are, with one exception. My Rwandan friend Grace, the subject of this portrait, has dark black hair and it is very difficult to find corks dark enough to replicate that. So to have enough dark corks I bought some wine that creates a very dark stain. I boiled it on the stove to concentrate the colour and then dyed a batch of corks before placing them onto my nail board.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Could Justin Trudeau save the Liberals?


33%
YES, HE'S GOT THE CHARISMA THEY'RE LACKING
67%
NO, HE'S NOT READY TO LEAD THE PARTY
0%
MAYBE, IF HE SURROUNDS HIMSELF WITH EXPERIENCED PEOPLE

Twitter

@BeyondtheOnions:
Heads up #ldnont motorists - the entire city is under construction... don't drive!

@ashleighweeden:
Speaking of generational diversity - #ldnont is an Age Friendly City! :) #innovationcity

@onterrioh:
Look at the rain London, isn't it beautiful? #LdnOnt

@ArdnasSkoons:
Turn off the a/c and open the windows in #LdnOnt this morning.

@lrebelo:
I think I've seen every overpriced, way-too-small 1 bedroom/bachelor in #ldnont by now, and may have finally found my new home! #giddy

@theworldbeckons:
Particularly geeked for @kittythefool @jplaskett and @cuffthedukeat @HomeCountyFolk this weekend! You, #LDNOnt ?

metro
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The final installment of Chris Nolan's Batman trilogy is missing one thing — a great villain. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Bring on the bad guys

The Dark Knight Rises. The finale in the Nolan trilogy is reminiscent of the beginning — but it needs a better villain

Richard: Mark, this story seemed like it played out in real life on our streets, albeit without capes, gadgets and murderous villains. When Selina purrs "You're all going to wonder how you ever thought you could live so large, and leave so little for the rest of us," into Bruce's ear, it sounds ripped from the headlines. Such is the timeliness of the film, but is this is a summer blockbuster, or a treatise on the haves and the have-nots?

Mark: The movie comes out squarely on the side of law, order, and social hierarchy. Chris Nolan is smart enough to know that if he wants to make blockbusters he isn't going to get financing from the 99 per cent. So the politics of the film are a bit confused, but the rest of it works. It's smart, if a bit talky, and beautifully cast. The big question is: Is it as good as The Dark Knight?

RC: I think it is more easily comparable to Batman Begins. Both those movies have the same kind of tone. As for The Dark Knight, I'd have to say it's as good, but in a different way. It's a more structured, linear film, mainly because the villain is more straightforward. Bane is a troublemaker — he's one part modern day terrorist, two parts Attila the Hun — but he lacks the Joker's unpredictability, which is the thing that made the middle movie such a treat.

MB: Yes, what's missing from this film is a great villain. It's hard to enjoy Bane through his face mask — Darth Vader he's not. Instead of The Joker, we now have The Mumbler. And many of the characters' motivations seemed unclear to me, especially Catwoman, although I liked Anne Hathaway in the role. She gets the best lines AND the best outfits. But it's Joseph Gordon-Levitt that really occupies the heart of the movie. He's the only one that seems human in it, so kudos to him.

RC: Agreed about Gordon-Levitt but I liked Bane's slightly nutty Shakespearean villain, even if some of his dialogue ended up sounding like a garbled mixture of drunken whispers and baby talk. Also, Hathaway, for my money, rocks it.

MB: She usually does, doesn't she ... If I seem a bit unenthusiastic about the movie, it's just that the last Batman was darn near perfect. It's a tough act to follow, but a few more action sequences and a more focused story would have helped.

Synopsis

Eight movie years have passed since Batman (Christian Bale) last donned the cape. He's become a recluse, having assumed responsibility for District Attorney Harvey Dent's crimes in the hopes that if the Dent anti-crime act worked Gotham would be peaceful. It was successful until a cat burglar named Selina Kyle (Anne Hathaway) put into motion a series of events that would draw the caped Crusader from retirement to fight his mightiest foe yet, Bane (Tom Hardy).

- Richard: ●●●●○
- Mark: ●●●○○

2 SCENE

Scene in brief

Fred Willard caught in lewd act?

Actor Fred Willard, perhaps best-known as a dog-show announcer in the movie Best in Show, has been arrested on suspicion of committing a lewd act at a Hollywood adult theatre. Los Angeles police Sgt. Mark Ro says uniformed vice officers were conducting a routine investigation of the theatre shortly before 9 p.m. Wednesday and saw Willard engaging in a lewd act. He says Willard appeared to be alone. The 72-year-old actor was booked at the Hollywood police station on suspicion of committing a lewd act in public. Ro says Willard was released after midnight without posting bail. A call to Willard's agent, Mike Eisenstadt, seeking comment wasn't immediately returned Thursday morning. Willard was nominated four times for Emmys for guest roles on TV's Modern Family and Everybody Loves Raymond. He also has appeared in other Christopher Guest mockumentary films, including This is Spinal Tap and Waiting for Guffman.

THE ASSOCIATED PRESS

On the web

Thieves stealing giant David Hasselhoff ads outside New England convenience stores

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Sound Check

The wild world of selling celebs

SOUND CHECK
Alan Cross
scene@metronews.ca

If you've ever dabbled in Craiglist, eBay or Kijiji, you'll know that you can buy just about anything online. That's because people are willing to sell the strangest stuff. For example:

Thom Yorke's Toenails (1997)
Someone on Radiohead's staff (some stories say it was a fan) raided a dressing room looking for memorabilia to sell off. I have no idea who bought them.

Moby's Soul (2000)
After Moby scored by licencing out every single track on his Play album, a former friend offered up a jar purported to contain Moby's soul on eBay. It sold for $41.

Justin Timberlake's French Toast (2000)
After a visit to a New York radio station where the band was served breakfast, a piece of half-eaten French toast from Timberlake's plate sold for $3,154

Britney Spears' Chewing Gun (2004)
The gum was retrieved from a U.K. hotel room and put up for sale on eBay. Bidding reached $14,000 before it sold for $263.

Jerry Garcia's Toilet (2006)
Instead of throwing out everything as he was renovating Gerry's former home in San Francisco, the new owner sold off some of the fixtures including the kitchen sink — and the toilet. It went for $2,500.

James Blunt's Sister (2004)
The You're Beautiful singer got carried away when he was trying to raise a little capital in his pre-fame days. The ad read "Damsel in distress seeks knight in shining armor! Desperate to get to a funeral in southern Ireland. Please help!" The winning bidder flew in on a helicopter. Sister and purchaser got married in 2007.

Michael Jackson's Underwear (2008)
What's more creepy and gross? That Jackson's underwear — seized as evidence in a 2003 child molestation case — went up for sale or they had a reserve price of $1 million?

Air Guitar (With Case) (2010)
Legend has it that the guitar was autographed, too. Selling price? $15.

Beatles Toilet Paper (2011)
When the Beatles lived at Abbey Road Studios in the '60s, they weren't very fond of the abrasive EMI-branded bog rolls in the loo and forced the general manager to replace it with something softer. One roll was mounted on a wooden plaque and accompanied by a letter of authenticity. It sat around until 1980 when it was sold for about $140. The current owner has been offered $1,500 for a single sheet.

A jar said to contain Moby's soul sold for $41 on eBay. ISTOCK PHOTOS

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 20 TO THURS., JULY 26. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Mustang Drive-In -London 2551 Wilton Grove Rd., 519-644-1160

The Dark Knight Rises (PG) Fri-Thu 9:20
Magic Mike (14A) Fri-Thu 12:10
Savages (18A) Fri-Thu 11:15
Ted (14A) Fri-Thu 9:25

Hyland Cinema 240 Wharncliffe Road South, 519-913-0313

The Best Exotic Marigold Hotel (PG) Fri 2:35-6:55 Sat 2:35-7 Sun 12:45-7 Mon 2:35-7 Tue 12:45-7 Wed 12:45-4:50 Thu 12:45-5:05
The Intouchables (14A) Fri 4:50 Sat 9:15 Sun-Mon 4:50 Tue 3 Wed 9:15 Thu 7:20
Jaws (14A) Fri 11:20 Thu 9:25
Take This Waltz (14A) Fri 9:11 Sat 4:50 Sun-Tue 9:15 Wed 7:05 Thu 3
Where Do We Go Now? (14A) Fri-Sat 12:45 Sun 3 Mon 12:45 Tue 5:05 Wed 3

Rainbow Cinemas London 355 Wellington St., 519-434-3073

The Amazing Spider-Man (PG) Fri-Thu 1:10-4-7-9:50
Brave (PG) Fri-Thu 1:05-3:35-7:10-9:25
The Dark Knight Rises (PG) No Passes Fri-Thu 12:15-1:15-3:30-4:30-6:45-7:50-9:55
Ice Age: Continental Drift (PG) Fri-Thu 1-3:20-7:15-9:20
Magic Mike (14A) Fri-Thu 12:55-7:05
Savages (18A) Fri-Thu 3:45-9:35
Ted (14A) Fri-Thu 1:20-3:50-7:20-9:45

Western Film Room 340, UCC Building,

Marvel's the Avengers (PG) Fri 9:35 Sat-Sun 4-9:35 Mon-Thu 9:35
Snow White and the Huntsman (PG) Fri 7 Sat-Sun 1:15-7 Mon-Thu 7

Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529

The Amazing Spider-Man (PG) Fri-Thu 12:20
The Amazing Spider-Man 3D (PG) Fri-Thu 3:30-6:40-9:50
The Dark Knight Rises (PG) No Passes Fri-Thu 12:10-12:30-1:20-2:30-4-6:30-7:10-8-9:30-10:15
Ice Age: Continental Drift (PG) Fri-Thu 12
Ice Age: Continental Drift 3D (PG) Fri-Thu 4:10-6:45-10:35
Katy Perry: Part of Me (PG) Fri-Thu 1-3:20
Magic Mike (14A) Fri-Thu 6:50-9:40
Savages (18A) Fri-Thu 12:50-3:50-7-10:10
Ted (14A) Fri-Thu 12:40-3:40-7:20-10

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

The Amazing Spider-Man (PG) Fri-Thu 4:30-10:10
The Amazing Spider-Man 3D (PG) Fri-Sun 1:40-4:50-8-11:05 Mon 1:10-4:15-7:25-10:35 Tue 1:40-4:50-8-11:05 Wed-Thu 1:10-4:15-7:25-10:35
André Rieu's 25th Anniversary Hometown Concert (STC) Wed 7
Brave (PG) Fri-Thu 11:55
Brave 3D (PG) Fri-Tue 2:20-4:45-7:15-9:50 Wed 2:20-4:45-9:50 Thu 2:20-4:45-7:15-9:50
The Dark Knight Rises (PG) No Passes Fri-Sun 11:45-12:15-2:05-3:25-3:55-5:55-7:05-7:35-9:35-10:45-11:15 No Passes Mon 11:45-12:45-2:05-3:25-4:20-5:55-7:05-8-9:35-10:45 No Passes Tue 11:45-12:15-2:05-3:25-3:55-5:55-7:05-7:35-9:35-10:45-11:15 No Passes Wed-Thu 11:45-12:45-2:05-3:20-4:20-5:55-6:55-8-9:35-10:30 No Passes Fri-Sun 11:45-12:15-3:15-3:45-6:45-7:15-10:15-10:45 No Passes Mon 11:45-2:45-3:15-6:15-6:45-9:45-10:15 No Passes Tue 11:45-12:15-3:15-3:45-6:45-7:15-10:15-10:45 No Passes Wed-Thu 11:45-2:45-3:15-6:15-6:45-9:45-10:15
Ice Age: Continental Drift (PG) No Passes Fri-Tue 11:50-2:10-7:45 No Passes Wed 7:45 No Passes Thu 11:50-2:10-7:45 Star & Strollers Screening, No Passes Wed 1
Ice Age: Continental Drift 3D (PG) No Passes Fri-Thu 12:20-2:40-5-7:20-9:45
Ted (14A) Fri-Tue 12-2:35-5:10-7:50-10:30 Wed 1:45-4:20-7:15-10:20 Thu 12-2:30-5-7:40-10:20 Fri-Sun 12:45-4:15-7:45-11:10 Mon 12:15-3:45-7:15-10:40 Tue 12:45-4:15-7:45-11:10 Wed-Thu 12:15-3:45-7:15-10:40

SilverCity London 1680 Richmond St, 519-673-4125

The Amazing Spider-Man (PG) Fri-Thu 4:45-10:35
The Amazing Spider-Man 3D (PG) Fri-Thu 1-4:10-7:50-10:55
André Rieu's 25th Anniversary Hometown Concert (STC) Wed 7
Brave (PG) Fri-Thu 12:15
Brave 3D (PG) Fri-Thu 2:35-5:25-7:40-10:05
The Dark Knight Rises (PG) No Passes Fri 11:30-12:45-2:05-3:10-4:35-5:50-6:50-8:15-9:30-10:30 No Passes Sat 11-11:30-12:45-2:35-3:10-4:35-6:20-6:50-8:15-10-10:30 No Passes Sun 11:30-12:45-2:05-3:10-4:35-5:50-6:55-8:15-9:30-10:30 No Passes Mon 12:45-2:05-3:10-4:35-5:50-6:50-8:15-9:30-10:30 No Passes Tue 11:30-12:45-2:05-3:10-4:35-5:50-6:50-8:15-9:30-10:30 No Passes Wed-Thu 12:45-2:05-3:10-4:35-5:50-6:50-8:15-9:30-10:30
The Dark Knight Rises: The IMAX Experience (PG) No Passes Fri-Thu 12-3:40-7:20-11
Ice Age: Continental Drift (PG) No Passes Fri-Sun 11:50-2:25-8:10 No Passes Mon 12-12:45-2:25-8:10 No Passes Tue 11:50-2:25-8:10 No Passes Wed-Thu 12-12:45-2:25-8:10
Ice Age: Continental Drift 3D (PG) No Passes Fri-Sun 12:20-2:45-5:10-7:30-10 No Passes Mon 12:25-2:45-5:10-7:30-10 No Passes Tue 12:20-2:45-5:10-7:30-10 No Passes Wed-Thu 12:25-2:45-5:10-7:30-10
Katy Perry: Part of Me (PG) Fri-Sun 12:05-2:50-5:15 Mon 12:05-2:20-4:40 Tue 12:05-2:50-5:15 Wed 12:05-2:20-4:40 Thu 12:05-2:50-5:15
Magic Mike (14A) Fri-Sun 11:55-2:40-5:20-8-10:40 Mon 12:10-2:40-5:20-8-10:35 Tue 11:55-2:40-5:20-8-10:40 Wed-Thu 12:10-2:40-5:20-8-10:40
Savages (18A) Fri-Thu 1:15-4:25-7:25-10:45
Star Trek: The Next Generation 25th Anniversary Event (STC) Mon 7:15
Ted (14A) Fri-Tue 12:30-3:05-5:40-8:20-10:50 Wed 4-7:45-10:20 Thu 12:30-3:05-5:40-8:20-10:50 Star & Strollers Screening Wed 1
Teenage Mutant Ninja Turtles (STC) Sat 11
To Rome With Love (PG) Fri-Sun 7:35-10:15 Mon 10:15 Tue 7:35-10:15 Wed 10:15 Thu 7:35-10:15

Back to life, back to reality

Onstage. Musicians are constantly finding ways to resurrect their classic material

PAT HEALY
Metro Boston

It's only fitting that the first words that the world heard from an amazingly lifelike rendering of Tupac Shakur were "What the f— is up?"

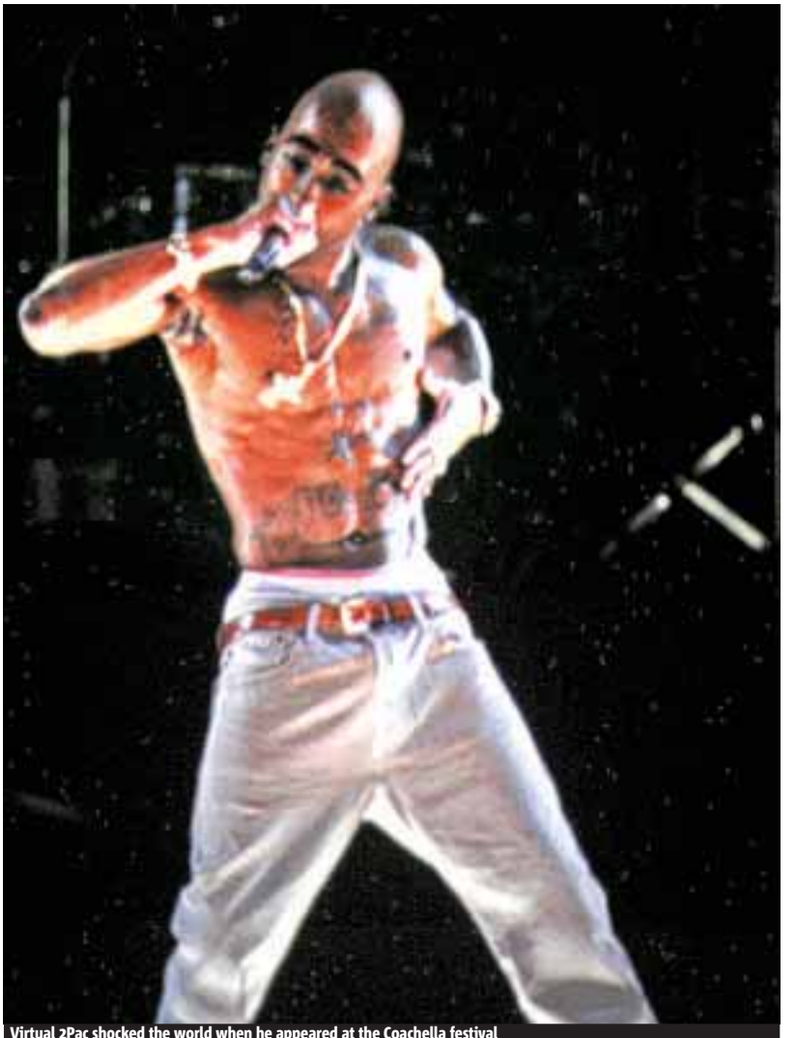
Many wondered the same thing as they saw on the stage at the Coachella festival a rapper who had died 16 years ago.

The answer to the question posed by the entity that has come to be known as Virtual 2Pac is that with music and technology we have arrived at a crossroads of the future and the past. For members of the generation who are growing up in the information age, they have only known a time where every piece of recorded music is at their disposal. This accessibility has created listeners with wider ranges of musical taste and knowledge than ever before, but also a sense that being able to hear or see whatever you want whenever you want is a right, not a privilege.

When it comes to musicians from the past, the ability to witness these acts live has traditionally presented some difficulty. Many artists from the dawn of the recorded era are past retirement age and even more have died.

But within the past year concertgoers have been able to experience performances that few would have thought possible even at the beginning of the decade.

The Beach Boys are sounding better than ever on their 50th anniversary tour, the songs of Queen are coming to life in a brilliant new way and Roger Waters has brought The Wall to arenas and ballparks with a production that is so big it was only performed in four venues when the classic Pink Floyd album first came out.



Virtual 2Pac shocked the world when he appeared at the Coachella festival earlier this year. GETTY IMAGES

Roger Taylor of Queen says he had to do something to reawaken the sounds of his former band because he knew that audiences wanted to hear it.

"There are so many tribute bands around and not all good," he says. "If anybody's going to play our music, I want them to do it in a brilliant and scintillating way."

So in addition to playing a few gigs with Queen guitarist Brian May and Adam Lambert, Taylor recruited members online and became the musical director of something called the Queen Extravaganza. He taught these young musicians himself how to play these songs and sent them out on tour.

Quote

"There are so many tribute bands around and not all good. If anybody's going to play our music, I want them to do it in a brilliant and scintillating way."
Roger Taylor of Queen

Could this sort of apprenticeship be a new model for passing down the sounds? Will other bands follow suit?

"I'd be interested in seeing if they did," says Taylor.

"It takes a lot of work. They might be too old and grey to do the work. I've done the work and I can say that I think we've been very lucky in terms of who we've found. We have two of the most genius guitar players, and we have four amazing singers and a great rhythm section and just a great band."

This is a band who when they were active had four members.

"We're going to do all of those buried parts, all of the six-part harmonies," says Taylor. "It was a labour of love, but it was a lot of labour."

On the Beach Boys' current tour, they've found that augmentation has helped bring their recordings to life in a way that wasn't previously possible. Guitarist Al Jardine says having so many more people on stage has been a bonus.

"For the first time in the history of our music-making, we've had enough people on stage to do all the parts," he says. "We overdubbed so much — we were like harmony fanatics — that we never could put all of it together in one place at one time. Now you have the original voices and pretty darn good players and singers doing the parts that the three or four of us haven't ever done."

But this isn't the only measure in place to ensure that Beach Boys music lives on. A group called California Saga, who performed their fourth gig this week, has been formed by the spawn of Beach Boys members.

The group is comprised of Jardine's sons Matt and Adam; Wilson Phillips singers Carnie and Wendy Wilson, who are the daughters of Brian Wilson; Mike Love's children Christian and Ambha; Carl Wilson's son Justyn; and Dennis Wilson's son Carl B.

They specialize in deep cuts from the catalogue of their fathers. Their first official gig in June was a short set to open for the Beach Boys, the ultimate seal of approval.

Damian Darlington is the musical director, guitarist and lead singer of the Pink Floyd tribute act called Brit Floyd. Among his seals of approval: an invitation to play a birthday party of Floyd guitarist David Gilmour. While performing Comfortably Numb, the tribute band was joined by Floyd keyboardist Rick Wright, who died in 2008.

"It's very sad. A lot of these people seem to be passing away," says Darlington. "That's all part of the attraction of tribute bands, I suppose. There's less and less chance as the years go by to actually see the original people play this music, but there's still the demand to hear this music live. This whole other generation is discovering it all the time and they're equally enthusiastic about it."

Online

- Visit metronews.ca/scene to watch a video of Snoop Dogg and 2Pac performing at Coachella.

The best that television has to offer

Emmy Awards. 2012 Emmy nominations announced Thursday

NED EHRBAR
MWN in Hollywood

Nominations for the annual Emmy Awards, honouring the best in television, were announced Thursday, with cable TV dominating the field once again. Perennial awards favourite HBO dominated, picking up a staggering 81 nominations for series like Boardwalk Empire, Game of Thrones and Veep as well as movies and miniseries like Hemingway and Gellhorn, which earned 15 nominations alone.

Meanwhile, cable series American Horror Story, from FX, and Mad Men, from AMC, tied for the most nominations for a single program, earning 17 each. The Emmys will be awarded during a live broadcast in Los Angeles on Sept. 23, with Jimmy Kimmel hosting.

Here's a look at who's up for Emmys this year.

Jimmy Kimmel will host this year's Emmy Awards. THE ASSOCIATED PRESS

Drama Series

- Boardwalk Empire (HBO)
- Breaking Bad (AMC)
- Downton Abbey (PBS)
- Game of Thrones (HBO)
- Homeland (Showtime)
- Mad Men (AMC)

Drama Actor

- Steve Buscemi, Boardwalk Empire
- Bryan Cranston, Breaking Bad
- Michael C. Hall, Dexter
- Hugh Bonneville, Downton Abbey
- Damian Lewis, Homeland
- Jon Hamm, Mad Men

Drama Actress

- Glenn Close, Damages
- Michelle Dockery, Downton Abbey
- Julianna Margulies, The Good Wife
- Kathy Bates, Harry's Law
- Claire Danes, Homeland
- Elisabeth Moss, Mad Men

Comedy Series

- The Big Bang Theory (CBS)
- Curb Your Enthusiasm (HBO)
- Girls (HBO)
- Modern Family (ABC)
- 30 Rock (NBC)
- Veep (HBO)

Comedy Actor

- Jim Parsons, The Big Bang Theory
- Larry David, Curb Your Enthusiasm
- Don Cheadle, House of Lies
- Louis C.K., Louie
- Alec Baldwin, 30 Rock
- Jon Cryer, Two and a Half Men

Comedy Actress

- Lena Dunham, Girls
- Melissa McCarthy, Mike & Molly
- Zooey Deschanel, New Girl
- Edie Falco, Nurse Jackie
- Amy Poehler, Parks and Recreation
- Tina Fey, 30 Rock
- Julia Louis-Dreyfus, Veep

Reality Program

- Antiques Roadshow (PBS)
- Jamie Oliver's Food (ABC)
- MythBusters (Discovery Channel)
- Shark Tank (ABC)
- Undercover Boss (CBS)
- Who Do You Think You Are? (NBC)

Reality-Competition Program

- The Amazing Race (CBS)
- Dancing With The Stars (ABC)
- Project Runway (Lifetime)
- So You Think You Can Dance (FOX)
- Top Chef (Bravo)
- The Voice (NBC)

Miniseries or TV Movie

- American Horror Story (FX)
- Game Change (HBO)
- Hatfields & McCoys (History)
- Hemingway & Gellhorn (HBO)
- Luther (BBC America)
- Sherlock: A Scandal In Belgravia (PBS)

Lead Actor

- Woody Harrelson, Game Change
- Kevin Costner, Hatfields & McCoys
- Bill Paxton, Hatfields & McCoys
- Clive Owen, Hemingway & Gellhorn
- Idris Elba, Luther
- Benedict Cumberbatch, Sherlock: A Scandal In Belgravia

Lead Actress

- Connie Britton, American Horror Story
- Julianne Moore, Game Change
- Nicole Kidman, Hemingway & Gellhorn
- Ashley Judd, Missing
- Emma Thompson, The Song of Lunch

Lohan and the porn star

Lindsay Lohan will in fact star opposite porn star James Deen in Bret Easton Ellis' sex-fuelled thriller The Canyons, the production company for the film confirms in a press release.

The film, which highlights "the dangers of sexual obsession and ambition, both personally and professionally," has had a strong social media presence, including raising $150,000 on Kickstarter.

"Everyone who landed their roles deserved them," Ellis says. "Using social media as a way to help build a film is really like riding the wave into the future."

The Word

Frankel's marriage on the upswing

MONICA WEYMOUTH
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

After only two years, Bethenny Frankel's marriage to Jason Hoppy was rumoured to be all but over. But now, the reality star says they're back on track after a rough patch earlier this year — well, probably.

"I think we have what it takes to make it work," Frankel tells People. "I don't have a backup plan. It's not like shopping for shoes and getting a new pair. That's not what it's about."

Frankel doesn't, however, gloss over their problems. "We've been scared," she admits. "The second year of marriage was not easy. We hit bottom, (but) we came out the other side."

We're impressed that they're working things out — especially when you consider what "rock bottom" means to someone whose resumé includes both Real Housewives and Skinnygirl Margaritas.

In lovelier news

We didn't mean to bum you out with crumbling reality TV marriages and Splenda-laced tequila. Let's check in with shiny happy couple Ryan Reynolds and Blake Lively, shall we?

"Blake and Ryan are so in love with each other," a source tells Radar Online.

"They're really cute and sweet and they're always talking about how they want to be together forever."

It's not the first time marriage rumours have surrounded the fairly new couple.

Earlier this week, Lively was cited as Reynolds' "wife" in a police report after the couple filed a complaint against a photographer.

Johnny Depp

Depp single again

Johnny Depp's brief rebound with former co-star Amber Heard looks like it's over.

"Amber has never wanted that sort of attention," a source tells RadarOnline. "She prides herself on being free-thinking and independent — not some homewrecker trying to sleep her way to the top. As soon as the media started publicizing the romance, she told Johnny that she needed some space."

Now that right there is disarmingly respectable. Is that a sense of remorse we're feeling? Could it be shame?

Interesting. Johnny Depp, come make the media feel better.

Demi Moore. ALL PHOTOS GETTY IMAGES

Demi's kids won't 'completely abandon her': Source

While Demi Moore's relationship with her daughters Rumer, Scout and Tallulah Willis may be strained, they're certainly not as bad as Radar Online has reported.

Earlier this week, the website claimed the three girls were "seriously considering talking about a restraining order against Demi to stop her from contacting them," while a source tells the site that "Demi has been calling them incessantly and emailing them, leaving them tearful messages and begging them to call her, and the girls are sick of it."

But another source tells Us Weekly that things aren't that bad.

"It's true they're not all hunky-dory, getting along like they used to, but they're not about to go to those extremes," the source says.

"They love their mom at the end of the day, and they're never going to completely abandon her."

Ed Helms vs. Chick-fil-A

Office star Ed Helms is officially boycotting Chick-fil-A, claiming the U.S. restaurant chain's anti-gay stance has caused him to lose his appetite.

Helms is responding to a statement issued by Chick-fil-A president Dan Cathy ... who recently told a Christian publication that when it comes to accusations his company is actively opposed to gay marriage, Chick-fil-A is "guilty as charged."

Cathy claims his chicken people support the "biblical definition of the family unit."

In fact, Chick-fil-A reportedly donated nearly $2 million towards religious groups that oppose gay marriage in 2010 alone. The comments clearly didn't sit well with Helms ... who tweeted, "Chick-Fil-A doesn't like gay people? So lame. Hate to think what they do to the gay chickens! Lost a loyal fan."

Helms ain't alone ... the gay rights campaign NOH8 — supported by stars like Miley Cyrus, Lindsay Lohan and the Kardashians — has also called for a Chick-fil-A boycott.

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3 LIFE

Survey

Canadians want more info

Canadians want more nutritional information about menu items at all restaurants, not just fast-food eateries, according to a recent survey.

Two-thirds of Canadian adults said they liked the idea of seeing information about fat and sodium levels at all restaurants. And women were most likely to indicate such a preference, the Harris/Decima research showed.

About 65 per cent of the Canadians polled between the ages of 35 to 44 supported having the information, as did 71 per cent of those 45 to 54, and 53 per cent of those aged 55 to 64.

THE CANADIAN PRESS

On the Web

Shucked oysters garnished with cucumber-dill fresca special for parties

Liquid Assets

The taste of summer in a wine bottle

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.cca

It's summertime and while the drinking may seem easy, divorcing Tom Cruise could prove simpler than finding a wine to match casual, warm afternoon dining.

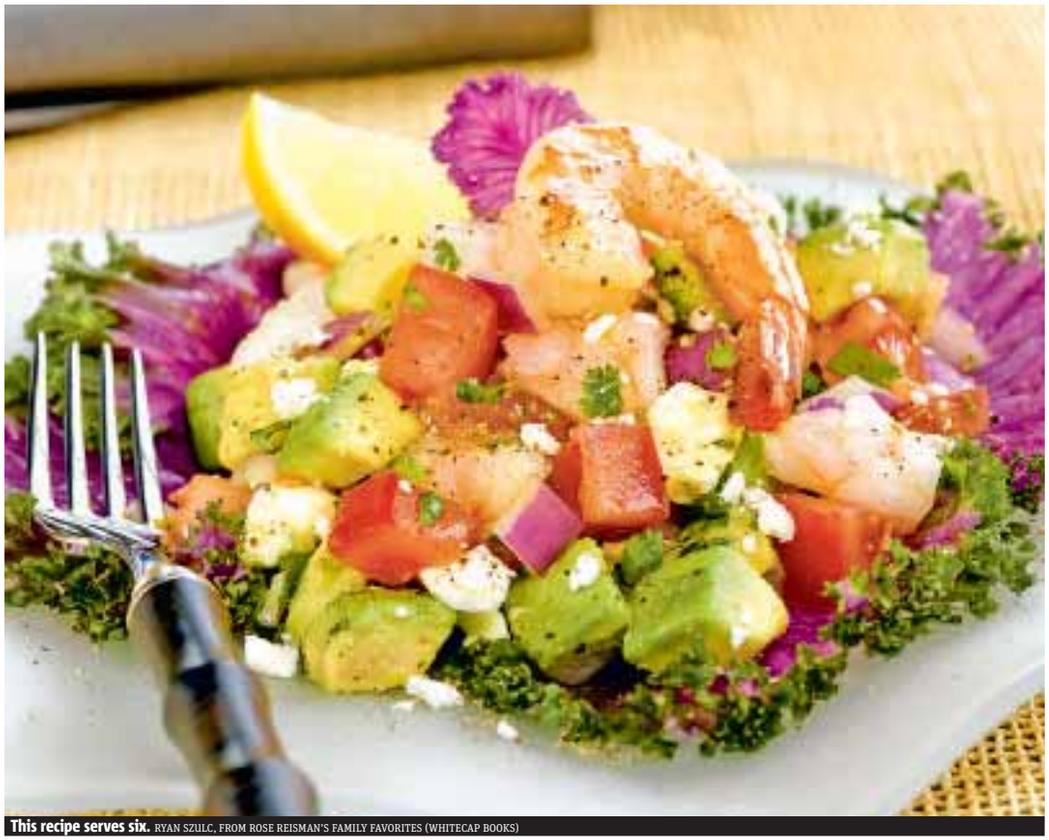
Of course while it all depends on the menu, most seasonal midday eats on my back deck are light and refreshing with a typical foundation of greens or something from the sea.

Though I hate being a weather wine snob, except for a fruity Pinot noir or gamay-based red (which I can chill), I'm all about whites this time of year. That's especially true for something fresh and zesty to match with salads (as long as I take it easy on the dressing), shellfish and simple chicken dishes.

Pinot grigio produces some great all-purpose wines in regions all over the world. But if you prefer a white with a tad more weight (but not gobs of wood or heavy fruit), reach for a glass of New Zealand sauvignon blanc.

Villa Maria Private Bin 2011 Sauvignon Blanc ($18.99 - $23.19) has all the grassy, gooseberry personality that's the hallmark of the grape accompanied by some food-friendly, lip-smacking acidity that, to put it simply, tastes like liquid summer.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Warm-weather medley

Shrimp, Avocado and Feta Salad. This delicious combination is ideal for a light lunch on the patio

ROSE REISMAN
for more, visit
rosereisman.com

Dice the avocado just before you're ready to serve the salad, or squeeze some lemon juice over it to prevent browning if you prepare it earlier in the day.

Always be sure to weigh your shrimp after it's been peeled. For each pound of peeled shrimp you need to purchase approximately 1¼ pounds of shrimp in the shell.

1. Spray non-stick skillet with cooking oil; place over medium-high heat. Cook shrimp just until pink, 3 minutes. Remove from the heat, cool and dice.

2. Combine shrimp with remaining ingredients in a large serving bowl and mix well. Serve immediately.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Nutritional analysis

- 229 calories; 19 g protein; 13 g fat; 3.6 g saturated fat; 6 g carbohydrates; 127 mg cholesterol; 334 mg sodium; 2.6 g fibre

Ingredients

- 12 oz large shrimp, peeled and deveined
- 3 cups diced and seeded plum tomatoes
- 1 cup diced ripe avocado
- 1/3 cup chopped cilantro or parsley
- 1/4 cup diced red onion
- 1/2 cup crumbled light feta cheese
- 2 tbsp olive oil
- 2 tbsp freshly squeezed lemon juice
- 1½ tsp minced fresh garlic
- 1 tsp minced jalapeño pepper or 1 tsp hot sauce
- pinch salt and freshly ground black pepper

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Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.

MIX OF SIX
Mila Petkovic
london@metronews.ca

Get your Greek on

Nestled amidst London's historic Old East, Dancing Greek Taverna (1345 Huron St.) is the Forest City's newest Mediterranean gem. Third-generation restauranteur Zack Agathos prides himself on delivering world-class daily specials using ingredients sourced locally or imported straight from Greece. As part of the Londonlicious Festival (July 13 to 29), the restaurant is offering a prix fix menu at $20 per person for a three-course meal. Call for more details: 519-451-1420.

Poetry + Meme

On the third Friday of every month, the London Poetry Slam club holds an event at the London Music Club (470 Colborne St.). The featured poet this month is Guelph-based Amelia (Meme) Meister. Using diverse styles, she delivers powerful messages of social and environmental justice. Events begin at 7:30 p.m. with an open mike, so bring your poems and share! Cover is $5. The London Poetry Slam club is also holding a workshop to share and work on poems on Saturday, July 21 from noon to 2 p.m. at the Palace Theatre (710 Dundas St).

Laugh with Gaffigan

Comedian Jim Gaffigan is one of the top touring comedians in the country today. He has made several appearances on Letterman and Conan, as well as HBO's cult hits Flight of the Concords and Bored to Death. The Broadband Emmy and Webby Award nominee will be performing in London on July 22 at Centennial Hall at 7:30 p.m. Get tickets at the box office on site or by phone at 519-672-1967.

Che delicious

Located at 225 Dundas St., Che Restobar is London's newest location for modern Latin American cuisine. The remodeled interior architecture and design exudes a spacious, colourful energy. Peruvian head chef, German Nunes, brings years of authentic Latin culinary experience to the kitchen. As part of the Londonlicious Festival, the restaurant is offering a three-course meal with a delicious variety of choices for the fixed price of $30 per person. Call 519-601-7999 to make a reservation or ask about the menu.

Watermelons — A play

London writer Trish West's play Seedless Watermelon premieres at the Palace Theatre (710 Dundas St.) on Friday, July 20 at 2 p.m. The play was developed for LYTE Theatre Arts camp for children. Inspired by her own children's experiences at school, West's production tells a story of peer pressure and ignorance, where rumours destroy livelihoods and the bullies are nothing but seedless watermelons. Tickets are $5 and are available through the box office at 519-432-1029.

Horses of course!

Some of the top Arabian horses will compete at the 2012 Region 18 Arabian and Half-Arabian Championship Show on July 20 and 21 at the Western Fair District (865 Florence St.). The show will feature classes in a variety of disciplines as exhibitors showcase their beautiful Arabian horses. For more information, visit region18.on.ca. The shows will take place from 9 a.m. to 6 p.m. and 7 to 9 p.m. daily.

The inside track on Katherine Legge

Girl's got drive.
Metro talks to one of the few women to make the top ranks of pro motor racing

KATHY ULLYOTT
life@metronews.ca

"I know I race like a girl," says a promotional slogan for Katherine Legge. "Try and keep up."

Not many can keep up with Legge, though. The 32-year-old is one of very few women in the top ranks of professional motor racing, the first woman to win the prestigious Rising Star award from the British Racing Drivers' Club and a competitor in the IndyCar Series. Legge will be one of 26 drivers competing in this Sunday's Edmonton Indy.

How did you get started?
I got started in go-karts. We went on a family vacation to Spain and my dad, my uncle and me — I was nine years old — went to one of those "fun car" places. I loved it. Back in England, Dad and I spent every weekend racing, from Friday night to Sunday night, from when I was nine to when I was 19.

When did you decide this was what you wanted to do?
I made the jump (to professional racing) when I won a scholarship to race in Formula Ford (an entry-level racing series) in 2005 when I came over to the U.S. I won my first race that year and came third overall in the Atlantics championship. That made a career possible.

Do women face particular hurdles in motor sports?
Absolutely, but it's changing. When I was on the way up, women were very much a novelty. Now there are more women in racing, and more being done to help them. FIA (Federation Internationale de l'Automobile) has started a female racing commission.

Your fiancé, Peter Terting, is also a race-car driver. Is he as good as you?
It's a good (thing) we don't race in the same series, because I don't think we would still be planning our wedding.

Katherine Legge. HANDOUT

Pride LONDON FESTIVAL

EVENTS: JULY 22 - 29

Watch for the 2012 Pride Guide or visit www.pridelondon.ca for more information on this year's festival!

JULY 22

PRIDE BBQ

4:30 PM

5 Metropolitan Community Church, 138 Wellington St.

JULY 22

METROPOLITAN COMMUNITY CHURCH SERVICE

5 138 Wellington St.
7:00 PM

JULY 22

CAMEO – ALL AGES PRIDE EDITION

2 Club Lavish, 238 Dundas St.
9:00 pm to 2:00 pm
$10.00 cover

JULY 23

CHRW'S ALL DAY, ALL GAY

94.9FM CHRW

JULY 23

PRIDE FILM NIGHT

11 Wolfe Performance Hall, Central Library, 251 Dundas St.
6:00PM - 9:00 PM

JULY 24

PRIDE LITERARY NIGHT

7 The ARTS Project, 203 Dundas St.
7:00 PM - 9:00 PM

JULY 25

PRIDE DINNER & TRANS INFORMATION NIGHT

3 Brennan's Bistro, 347 Clarance St.
Cocktails - 6:00PM, Dinner - 7:00 PM
$15 ($5 to Pride London Festival)

JULY 25

PRIDE KARAOKE NIGHT

1 Brennan's Bistro, 347 Clarance St.
9:00 PM to 2:00 AM
$5 cover & $1 per song

JULY 26

21ST ANNUAL PRIDE ART EXHIBIT OPENING

7 The ARTS Project, 203 Dundas St.
7:00 PM - 10:00 PM

JULY 27

OUTDOOR FESTIVAL IN VICTORIA PARK

8 6:00PM - 11:00 PM

JULY 27

2012 MR & MISS PRIDE LONDON FESTIVAL SHOW

4 Metro Mainstage, Victoria Park
9:00 PM to 11:00 PM

JULY 28

OUTDOOR FESTIVAL IN VICTORIA PARK

8 11:00AM - 11:00 PM

JULY 28

TRAIL BLAZERS

4 Hilton London, 300 King Street,
7:00PM - 9:00 PM
$50 per ticket (incl. Dance cover)

JULY 28

PRIDE DANCE

3 Hilton London, 300 King Street,
9:00PM - 1:00 AM
$10 cover

JULY 29

OUTDOOR FESTIVAL IN VICTORIA PARK

8 11:00AM - 6:00 PM

JULY 29

ALL FAITHS SPIRITUAL SERVICE

6 Queens Park,
(Behind WFD Farmer's Market)
11:00AM

JULY 29

PRIDE PARADE

9 Western Fair Parking Lot,
(At King & Ontario St.)
The Parade will travel north on Ontario St. to Queens Ave: West on Queens Ave to Wellington St.; North on Wellington St to Wolfe St. ending at Victoria Park.
12:30 PM

JULY 29

PRIDE CLOSING SPEECHES

4 Metro Mainstage, Victoria Park
2:00 PM to 3:30 PM

JULY 29

PRIDE WIND DOWN SHOW

4 Metro Mainstage, Victoria Park
4:30 PM to 6:00 PM

Pride LONDON FESTIVAL

Flyers sign Weber to offer sheet

NHL. Deal worth $100 million US over 14 years, says source, and Nashville has seven days to match Philadelphia's offer

Shea Weber is on the brink of becoming the dominant blueline force the Philadelphia Flyers desperately need.

Weber signed a staggering offer sheet with the Philadelphia Flyers and the restricted free agent could be a week away from bolting the Nashville Predators. A person with knowledge of the decision says the Flyers signed Weber to a 14-year offer sheet worth $110 million US.

The person spoke to The Associated Press on Thursday on condition of anonymity because the Flyers hadn't announced terms of the offer.

Flyers general manager Paul Holmgren confirmed early Thursday that the Flyers did sign Weber to an offer sheet. He gave no further details. The Predators issued a statement late Thursday morning confirming they had received the Flyers' offer sheet, which gives the team seven days to make a decision on matching the deal or letting the defenceman go.

"We have stated previously that, should a team enter into an offer sheet with Shea, our intention would be to match and retain Shea," Predators general manager David Poile said. "Our ownership has provided us with the necessary resources to build a Stanley Cup-winning team. Due to the complexity of the offer sheet, we will take the appropriate time to review and evaluate it, and all of its ramifications, in order to make the best decision for the Predators in both the short and long-term."

Shea Weber. GETTY IMAGES FILE

Weber, 26, is the Predators captain and played on a $7.5-million arbitrator's award last season. He had 19 goals and 49 points along the way.

Nashville already lost free-agent defenceman Ryan Suter to Minnesota this summer, and losing Weber would be an unexpected blow to a defence-first team that had 104 points last season, took the No. 4 seed in the Western Conference and advanced to the second round of the playoffs.

Weber would fill the void left by Philadelphia defenceman Chris Pronger's absence. Pronger — a key cog in the Flyers' run to the 2010 Stanley Cup finals as a No. 7 seed — has been battling concussion problems and missed most of last season. THE ASSOCIATED PRESS

Quoted

"We didn't go actively looking for an offer sheet. But when we spoke with Philadelphia, it seemed to be a right fit there." Jarrett Bousquet, Shea Weber's agent

Adam Scott ties course record at British Open

Adam Scott of Australia plays out of rough to the 18th green Thursday at Royal Lytham and St Annes golf club in England at the British Open. In surprisingly calm conditions, Scott raced out to the lead and almost into the record book. He stood on the 18th tee needing a birdie to break the major championship scoring record, and instead made bogey to settle for a 6-under 64. For weekend British Open results go to metronews.ca/sports. CHRIS CARLSON/THE ASSOCIATED PRESS

Cycling. Wiggins aces last mountain test at Tour

Bradley Wiggins overcame a big hurdle in his bid to win the Tour de France, repelling would-be attackers on the last day of mountain climbs as Spain's Alejandro Valverde won Stage 17 on Thursday.

After the last hard ascent, the Briton cemented his grasp on the yellow jersey and said he sensed "that it was pretty much over" with just three racing days left.

Valverde, the Movistar leader who returned from a two-year doping ban this year, won his third Tour stage in a breakaway. Christopher Froome of Britain was second, and Wiggins was third — both 19 seconds back. THE ASSOCIATED PRESS

Alejandro Valverde GETTY IMAGES

NFL

Colts get Andrew Luck signed up

The Indianapolis Colts have signed Stanford quarterback Andrew Luck.

"12 is officially signed!!!!!!" Colts owner Jim Irsay tweeted Thursday, along with a photo of Luck signing his contract. Luck's agent and uncle, Will Wilson, confirmed the deal had been completed.

Terms were not released, but Irsay said in April he expected Luck's contract would be almost identical to the four-year, $22-million US deal signed by Cam Newton, last year's top pick. THE ASSOCIATED PRESS

Soccer. Canada to play friendly match vs. T&T

The coach calls it an ideal game in an inconvenient situation.

Canada's men's soccer team will play a friendly against Trinidad and Tobago next month in a World Cup qualifying tune-up, a game the team had to fit in to avoid a nearly three-month layoff between matches.

Faced with winning a vital game against Panama on Sept. 7 at Toronto's BMO Field, head coach Stephen Hart said he needed his team to regroup one last time.

But the options were slim. The only date remaining for FIFA friendly matches was Aug. 15, limiting the number of opponents available. Just four teams were considered, and in the end Hart said only 80th-ranked Trinidad could make the day work. THE CANADIAN PRESS

Quoted

"It's a difficult situation because of course the August date is probably the most hated date in the FIFA calendar." Canada's coach Stephen Hart

4 SPORTS

British Open

"If he could have headed it the other way, it would have been in the fairway."

Rory McIlroy cracked a joke as he recalled bouncing a tee shot off the head of 16-year-old spectator Jason Blue at hole No. 15 at the British Open. Blue, from Bristol, got a considerable bruise and an autographed glove for his troubles. In addition to an apology, McIlroy drew a smiley face on the souvenir. McIlroy did have to return some 300 yards to the tee to hit his third shot and wound up making 6, which knocked him temporarily off the leaderboard. But the No. 2-ranked Northern Irishman proceeded to birdie two of the last three holes to finish off a 3-under 67 and get back within three shots of the lead held by Adam Scott of Australia.

"The most important thing was that he was OK. Because I would have felt terrible if it had been worse than what it was."

Rory McIlroy

THE ASSOCIATED PRESS

Mobile sports

Former NBA star Dennis Rodman finally met his estranged father after 42 years of separation, following an exhibition game in the Philippines. Rodman is just one of Philander Rodman Jr.'s 29 children by 16 mothers, but Rodman Jr. had been trying to see his son for a long time. Scan the code for the story.

Register early at
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Ticats offence ready to wake from slumber?

CFL EXTRA POINTS
Dan Toth
london@metronews.ca

Columnist Dan Toth looks at three storylines to watch heading into this weekend's Canadian football action

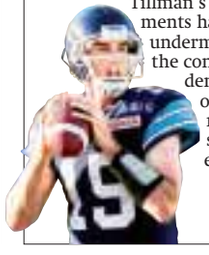
Photos by the Hamilton Spectator and The Canadian Press

Fantuz's flurry of TDs yet to come

It took three games to arrive but we are finally getting a glimpse of what the Ticats' vaunted offence can do, primarily new receiver Andy Fantuz. The former Roughrider caught his first TD pass of the season from QB Henry Burris last week, the first of many connections between the two to come in 2012.

Tillman's tongue could be costly to QB's confidence

It's hard to believe GM Eric Tillman has said he regrets trading QB Ricky Ray to Toronto. Granted, his comments came in the wake of a blowout loss in Regina, but the Esks have since improved to 2-1 under Steven Jyles and Tillman's comments have undermined the confidence of his new starter.



Is NFL call in cards for Trestman?

Als fans shouldn't be too confident a new four-year contract for head coach Marc Trestman ensures the popular bench boss remains in Montreal for the duration of his deal. It's every American coach's dream to land in the NFL and every CFL head man has an "out" clause in the event The Show comes calling. It could happen to Trestman.

Laffey proving his worth on ailing Blue Jays rotation

MLB. With pitchers falling like flies, 27-year-old left-hander providing stability to Toronto staff

This past off-season, Aaron Laffey set his mind on once again becoming a big-league starter.

The 27-year-old lefty began his career in a starting role, but was moved to the bullpen two seasons ago as he struggled to maintain major-league employment.

After a tumultuous 2011, in which Laffey was traded, twice waived and twice claimed — spending time with Cleveland, Seattle, the New York Yankees and Kansas City — he entered free agency for the first time.

As a middling middle reliever who had never spent a full season in the majors, Laffey wasn't exactly fending off many lucrative offers. But for the first time in his career, he had a say in where he would play.

"My number 1 thing was to go somewhere I could start, somewhere that viewed me as a starter and somewhere I would have an opportunity to start," he said Wednesday inside the visitors' clubhouse at Yankee Stadium. "That was my goal, plain and simple: Just to get back to what I love to do, what I want to do, and where I feel I can be most effective."

The Jays seemed like a good fit, so he signed a deal knowing his opportunity to be a starter would likely be in triple-A.

The decimation of the Jays starting rotation in June provided him with the chance to achieve his off-season goal.

Since joining the Jays rotation on June 26, Laffey hasn't been spectacular, but he's provided the pitching staff with some much-needed stability.

As more of a "feel" pitcher, rather than an overpowering thrower, Laffey believes his strength is as a starter because the role gives him a chance to get comfortable with all five of his pitches.

Laffey says he's happy he made it back to the big leagues as a starter, and he's just trying to improve with every outing.

"Just trying to stay on the path that I've been on," he said. TORSTAR NEWS SERVICE

Quoted

"That's how 95 per cent of the opportunities happen in this game."

Aaron Laffey on getting a chance in the Jays rotation due to injuries

Hayden tones down the hype for London

Swimming.
Mission, B.C., medal hopeful looks to put disappointment of past Olympics behind him

Brent Hayden during the Canadian Olympic and Paralympic swimming trials in Montreal on April 1.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Brent Hayden, a silver medallist at last year's world swimming championships, has been to two Olympics already.

They weren't much fun.

In 2004, Hayden swam poorly, which was the very least of it.

Just before the end of the Games, he found himself in the middle of an early-morning street battle between Greek police and anarchists. The then-19-year-old was pulled into the middle of it, had the boots put to him, was cuffed and eventually released. Though Canada requested some sort of official accounting, Hayden received no satisfaction.

The "riot thing" is how Hayden remembers it now.

"That put a huge damper on Athens for me," Hayden said.

Four years later, he arrived in Beijing as the biggest star of Canada's swim team, a defending world champion at the sport's glamour event — the 100-metre freestyle.

Hayden expected two medals. He made the mistake of talking about two medals — in the 100-metre and the four-by-100 relay.

He dropped out of the 200-metre freestyle in order to concentrate on the relay.

In the 100-metre, he didn't qualify for the finals.

"I got caught watching (eventual silver medallist Eamon) Sullivan. I lost focus for just that one instant and then ..." said Hayden, drifting off.

Apparently, Sullivan was thinking of Hayden, too. The Australian set a world record in that semifinal heat. Sullivan may have cost himself gold by putting out too much effort too early in order to best the Canadian who'd topped him at the world championships.

Then Hayden's relay team rolled a fourth.

It was a disappointing Olympics for Canada in the pool — they've been disappointing for some time now — and a great deal of the usual hand-wringing was directed in Hayden's direction.

"I think I paid a little too much attention to my own media hype," Hayden said. "This time, I'm basically not caring what anybody says — whether it's positive or negative."

The four intervening years have been up and down for the veteran 28-year-old from Mission, B.C.

His body started to rebel. A series of cascading injuries ended up settling in the spot that plagues most aging swimmers — his back.

Hayden now has a team of therapists and a comprehensive regimen to keep himself afloat.

"Now when my back starts acting up, I don't go into panic mode. The back used to keep me out of the pool for two or three days. Now, I get some treatment and I'm back in the water the next day."

In the weeks before arriving in London, Hayden is criss-crossing Europe looking for tune-up races. One of the other things he's learned is that the mental and physical crush of a big meet cannot be simulated in training. He needs to arrive in a winning frame of mind, rather than trying to build himself up to one on the crucial day.

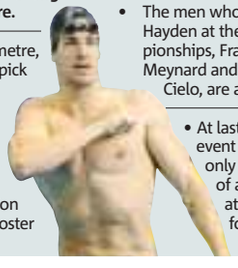
"It's important that the gears are already moving when I get there," Hayden said. "This has been a long learning process."

TORSTAR NEWS SERVICE

London favourite

Since he's a come-from-behind swimmer, Hayden is a long-shot in the 50-metre.

- But in the 100-metre, he can take his pick of rivals. The favourite is 21-year-old Australian James Magnussen, pictured, a world champion and expected poster boy for the London Games.
- The men who finished after Hayden at the world championships, France's William Meynard and Brazil's Cesar Cielo, are also in tight.
- At last year's big event in Shanghai, only six-hundredths of a second separated second and fourth.



Canada's best

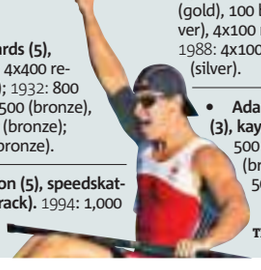
Most career medals won by a Canadian at the Olympic Games (both summer and winter):

Women:

- **Clara Hughes (6), cycling.** 1996: Individual road race (bronze), individual road time trial (bronze). **Speedskating (long track).** 2002: 5,000 (bronze); 2006: 5,000 (gold), team pursuit (silver); 2010: 5,000 (bronze).
- **Cindy Klassen (6), speedskating (long track.** 2002: 3,000 (bronze); 2006: 1,500 (gold), 1,000 (silver), 3,000 (bronze), 5,000 (bronze), team pursuit (silver).
- **Kathleen Heddle (4), rowing.** 1992: Double sculls (gold), quad sculls (bronze); 1996: Coxless pairs (gold); eights with cox (gold).
- **Marnie McBean (4), rowing.** 1992: Double sculls (gold), quad sculls (bronze); 1996: Coxless pairs (gold), eights with cox (gold).
- **Leslie Thompson (4), rowing.** 1984: Fours with cox (silver); 1992: Eights with cox (gold); 1996: Eights with cox (silver); 2000: Eights with cox (bronze).

Men:

- **Philip Edwards (5), track.** 1928: 4x400 relay (bronze); 1932: 800 (bronze), 1,500 (bronze), 4x400 relay (bronze); 1936: 800 (bronze).
- **Marc Gagnon (5), speedskating (short track).** 1994: 1,000 (bronze); 1998: 5,000 relay (gold); 2002: 500 (gold), 1,500 (bronze), 5,000 relay (bronze).
- **Victor Davis (4), swimming.** 1984: 200 breast-stroke (gold), 100 breast-stroke (silver), 4x100 medley (silver); 1988: 4x100 medley relay (silver).
- **Adam van Koeverden (3), kayaking.** 2004: K-1 500 (gold), K-1 1,000 (bronze); 2008: K-1 500 (silver).



THE CANADIAN PRESS

Tennis. Nadal a no-go to defend Olympic crown

Defending champion Rafael Nadal pulled out of the London Olympics on Thursday with an undisclosed injury, leaving the tennis competition without one of its leading stars and robbing Spain's team of its flag-bearer for the opening ceremony.

Nadal won the French Open for a record seventh time this year but has struggled with left-knee problems at times during the season. Shortly after winning his 11th Grand Slam title at Roland Garros, he lost to 100th-ranked Lukas Rosol in the second round at Wimbledon.

Nadal has not played since.

The third-ranked Nadal said Thursday he wasn't in condition to compete at the Olympic tennis tournament — which also will be held at Wimbledon.

"I have to think about my companions. I can't be selfish and I have to think of what's best for Spanish sport, especially tennis and Spanish players, and give fellow sportsmen with better preparation the chance to compete," Nadal said in a statement.

"I tried to hurry my preparations and training to the very last minute, but it was not to be."

The 26-year-old Spaniard has won two Wimbledon titles and claimed gold at the 2008 Beijing Olympics.

THE ASSOCIATED PRESS

Quoted

"This is one of the saddest moments of my career."

Spain's Rafael Nadal after pulling out of the Olympics on Thursday

Security. Officials add troops in case manpower shortages get worse

There's nearly a week to go before the Olympics kick off in London and British officials are stuck playing defence.

On Thursday, the country's Olympics secretary said 1,200 extra troops were put on standby in case embarrassing manpower shortages get any worse, while U.K. border agents announced a strike for the day before the Games begin.

The one-two punch of bad news comes with only eight days to go, unbalancing a government which might have hoped to bask in the glow of pre-Olympic buildup. By far, the most embarrassing episode has been the inability of security contractor G4S PLC to deliver on its promise to supply about 10,400 guards to help keep the Games safe — a last-minute admission that has forced the government to call in 3,500 soldiers to help meet the shortfall.

THE ASSOCIATED PRESS

Quoted

"We want to ensure the public against every eventuality. We don't expect to use them, but they will be there."

Olympic secretary Jeremy Hunt to Sky News on adding 1,200 standby troops for security

Far from a dream matchup

American Deron Williams dribbles against Great Britain during an Olympic exhibition game in Manchester, England, on Thursday. Williams netted 19 points in the 118-78 U.S. victory. STU FORSTER/GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
Be careful what you say today. It might offend co-workers and those in positions of power. The fact is that some people can't handle the truth, no matter how much you try to wrap it up in sugar coating.

♉ Taurus
April 21 - May 21
You seem to see plots and conspiracies wherever you look. You see way too much! Yes, it's possible that someone is planning to make life difficult for you, but more likely it's your imagination playing tricks on you.

♊ Gemini
May 22 - June 21
Do something that brings the smiles back to the faces of those you live, work and do business with. The world isn't really such a bad place. In fact at times it's a lot of fun, so stop taking life so seriously.

♋ Cancer
June 22 - July 23
Don't give up on a plan that does not seem to be making much progress. The planets indicate you are not far away from a breakthrough. If you admit defeat now, all your hard work will be wasted.

♌ Leo
July 24 - Aug. 23
The moon's eclipse of Mercury means you will find it hard to commit yourself to anything of substance today. The more others pressure you to take sides, the more you should sit on the fence. It's a safe place.

♍ Virgo
Aug. 24 - Sept. 23
You seem prone to negative thoughts at the moment, even though there is no evidence you have anything to fear. If you want to feel more secure, avoid situations where you are not fully in control of what's going on.

♎ Libra
Sept. 24 - Oct. 23
If you give way by even a small amount today, you will be expected to do it again. Before you know it, you will have lost most of what you gained in recent weeks.

♏ Scorpio
Oct. 24 - Nov. 22
The moon's eclipse of mind planet Mercury warns you may have overlooked some small but important detail. Before going any further, retrace your footsteps and see what it could be. You'll be glad you did.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to confide in a friend but the planets warn that isn't such a good idea. Some people can be awful blabbermouths and the last thing you want is for everyone to know your secrets.

♑ Capricorn
Dec. 22 - Jan. 20
It can be easy sometimes to wallow in self-pity and over the next 24 hours you will have to make a conscious effort to look on the bright side. Never forget that life is supposed to be fun.

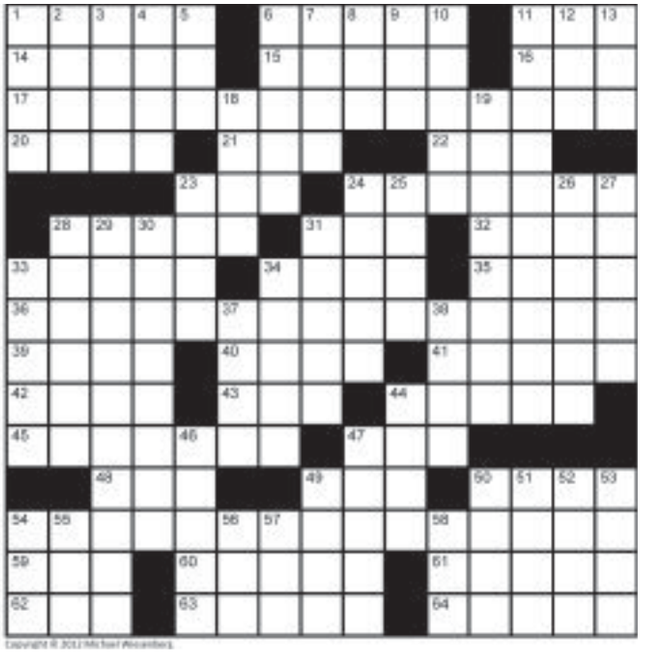
♒ Aquarius
Jan. 21 - Feb. 19
Someone in a position of power will give you a hard time today, most likely because you refuse to toe the line and do what they expect of you. Good for you. Don't let them push you around.

♓ Pisces
Feb. 20 - March 20
The reason why something no longer works for you is because times have changed but you have stayed locked in the past. What can you do to bring yourself into the 21st century? Start doing it today.

SALLY BROMPTON

Crossword: Famous Canadians

BY MICHAEL WIESENBERG



Across
1. Winnipeg-born Derek, defenceman for Jets
6. Winnipeg-born defenceman Duncan, alternate captain for Blackhawks
11. Deborah ___: Toronto-born R&B singer, songwriter, actress
14. Homer's epic
15. Shelter, as in a cove
16. DPRK neighbor
17. Raised in Vancouver wife, radio partner of Jack Benny
20. Sept-___, PQ
21. Dye brand
22. Wine: pref.
23. Chaney Sr., Jr.
24. PM #11
28. Python Michael
31. ER workers
32. ___ day: vitamin dosage
33. Sea birds
34. Bee ___: "Stayin' Alive" group
35. Lincoln et al.
36. Charlottetown-born J-Roc in *Trailer Park Boys*
39. *Trainspotting*'s Bremner
40. Formerly
41. Brief
42. Arrived
43. Fish eggs
44. Marshy
45. PM #15
47. In medias ___
48. Gat
49. And not
50. Rival rival
54. Hockey player and coach "Boom Boom" inducted 1972 into Hockey Hall of Fame after 16 years with Canadiens and Rangers
59. A Gershwin
60. Allege
61. LeBlanc who was 25th Gov. Gen. of Canada since Confederation
62. AB-born Wray who starred in *King Kong*
63. Actress Meg or Jennifer, both raised on Texada Island, BC
64. Kingston, ON-born rocker Bryan

Down
1. Winnipeg-born Kuzyk: Detective Patsy Mayo on *Hill Street Blues*
2. Israeli airline
3. Cork's place
4. Coral isles
5. "Good" cholesterol
6. Thunder Bay, ON-born *Durand of Dark Angel, Lost, X-Men Origins*: Wolverine
7. Send
8. Former Saudi king ___ Saud
9. ID ___
10. Chinese green tea
11. Toronto-born director (*Scanners, Videodrome, The Fly*)
12. Ball, buff, or cart ending
13. Classic Jaguar
18. Fe
19. Like a boat with two fewer than a dozen rowers
23. Catalog
24. *The Sun Also Rises* seductress ___ Ashley
25. Can. gas co.
26. Itsy-bitsy
27. "Café" order
28. Hawkish
29. Springhill, NS-born pop, country, adult contemporary singer
30. Pressured
31. Thick
33. Bail out
34. PQ-born one-named "werewolf" singer
37. Zeus's mate
38. Hwys.
44. Vassal
46. Decree
47. Capacious
49. Winnipeg-born Young called "Godfather of Grunge"
50. Millionaire shortstop, familiarly
51. It's bean
52. Work by Yukoner Robert W. Service
53. Sean and Yoko
54. ___ Naked: Indian-born, Winnipeg-raised punk rocker born Beth Torbert
55. Diamond stat
56. ___ Lilly
57. 128 US oz.
58. Filippo Lippi's title

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	3	5				9		
			8	7				1
7					4			5
		3	9		8		1	
	4			2			7	
	2		1		7	3		
3			7					4
6				8	2			
		7				8	5	

Yesterday's Sudoku

6	7	2	1	4	8	5	3	9
3	4	8	5	7	9	1	6	2
1	9	5	2	3	6	8	7	4
9	8	1	6	2	7	4	5	3
2	3	7	4	9	5	6	1	8
5	6	4	3	8	1	9	2	7
8	1	9	7	5	3	2	4	6
7	2	6	8	1	4	3	9	5
4	5	3	9	6	2	7	8	1

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Sweet new design, this vehicle is sporty and practical. 5 door hatchback complete with 1.8L DOHC engine, air conditioning, ABS brakes with traction control, stability control, cooled glove box, 16 inch wheels, power windows power locks, am/fm cd with mp3 input and usb plug in, ipod plug in, heated front seats, Bluetooth, keyless entry with alarm, cruise control, rear spoiler, 5 year bumper to bumper warranty and more.

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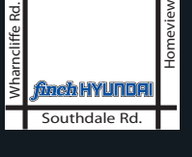

Vehicles not exactly as illustrated, payments are based on apr of 2.90% for 96 months cost of borrowing is $3370.03 with 208 payments of 149.99 including taxes, lic fees extra. Discount rages from $4500 to $6500 based on trim level.